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Amendments to the specification

Please rewrite the complete paragraph overlapping pages 3 and 4 as follows:

A unit dose of an orally consumable material of the invention has a predetermined pharmaceutically effective amount of at least one nonprescription discomfort reliever and a predetermined nutritionally effective amount of at least one nutritional supplement. "Orally consumable material" as used herein, refers to material adapted to be safely consumed orally by a person. ~~Orally consumable material, as used herein, does not include material adapted to be taken intravenously (by injection into a vein) or nasally (by injection into the nasal passages), or adapted for topical application, for example by applying to the outer surface of the skin.~~ Orally consumable material which includes discomfort reliever(s) and nutritional supplement(s) in accordance with the invention is preferably stored in solid form, such as a powder (for example in a capsule) or powder compressed into a unit dose tablet. Oral dosage forms of orally consumable material include pills, tablets, and capsules. A unit dose is a unit to be consumed as a single dose. The orally consumable material may, for example, include caramel, chocolate, or chewing gum.

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Please rewrite the last paragraph of page 11 as follows:

Each unit of solid material (adapted to be leached) of the invention is adapted to form a unit dose of an orally consumable material. A tea bag is provided in accordance with the invention. Paper is stapled to enclose a unit dose of orally consumable material and a portion of solid material adapted to be leached, such as tea leaves. When placed in water, the orally consumable material flows through the paper into the water to form water having a unit ~~does~~ dose of nutritional supplement and discomfort reliever. A label is affixed ~~to~~ to one end of a string. The other end of a string is held by the staple to the paper. The label has indicated thereon indications of the amount of discomfort reliever per unit dose and indications of the percent of a daily value (and/or amount) of one or more nutritional supplements per unit dose.

Please rewrite the last paragraph of page 12 as follows:

A consumer using two discomfort relievers and two different nutritional supplements in accordance with the invention eliminates two sets of tablets and two containers. An additional two containers are eliminated at each of location they are used. Exemplary locations are at a primary residence, an office, and/or a vacation home, and/or in an automobile, a truck, a boat, travel luggage, a pocket of an article of clothing and/or in a hand bag. Each container at the same location may have a different nutritional supplement, such as multiple vitamins and minerals, iron, calcium or vitamin C.

Please rewrite the second full paragraph of page 26 as follows:

Table III shows has the composition of nutritional ingredients of a single tablet commercially available from Whitehall Robins Healthcare, sold under the trademark Centrum Silver (with lutein iron free formula) multiple vitamins & minerals.